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Ex-biologist says floodway policy could greatly improve water habitats **PAGE 3**

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ANGRY PLANET HOST GEORGE KOUROUNIS TELLS METRO HOW TO BE A STORM CHASER IN FOUR NOT-SO-EASY STEPS **PAGE 12**



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The new tenants of the Simmons Building, from left: Aviv Fried of Sidewalk Citizen Bakery, Connie DeSousa and John Jackson of Charbar, and Sebastian Sztabyb and Phil Robertson of Phil and Sebastian Coffee Roasters. KATIE TURNER/METRO

Simmons Building set to be a culinary hub for Calgary

1912. The historic Simmons Building just celebrated its 101st birthday



KATIE TURNER
katie.turner@metronews.ca

Three homegrown Calgary businesses will be setting up shop in the East Village's historic Simmons Building with the intention of creating a "culinary destination."

Phil and Sebastian Coffee Roasters, Sidewalk Citizen Bakery and a new restaurant called Charbar, created by Chartcut Roast House chefs Connie DeSousa and John Jackson, will form the new vision for the building, which will eventually include an open-air rooftop patio.

President and CEO of the

Calgary Municipal Land Corporation Michael Brown said there was significant interest from retailers wanting to lease the space but the CMLC wanted local businesses to be at the helm of transforming the building.

"They understand the significance of the Simmons Building," he said. "This is a jewel in our community and it has to be treated well."

DeSousa explained the three businesses will work together, with Phil and Sebastian moving its roasting facility to the Simmons and Sidewalk Citizen Bakery baking and selling products on-site.

"Our vision for the Simmons is we're creating a hyper-local sense of business so all our businesses are feeding off each other," she said.

"We feel a huge responsibility coming into this building, just to make it the anchor of the community

and to give it the energy that the community deserves."

The CMLC also announced Wednesday that the 2.75-acre block formerly owned by the Calgary Police Association between 5 and 6 avenues and 3 and 4 streets S.E. will also become a retail building, likely several storeys high, with plans for a grocery store.

Stuart Craig with RioCan, the group building the new 300,000-square-foot retail space, said specific tenants have yet to be announced but there has been lots of interest.

"In our minds, it's a perfect location for what we want to do," he said.

According to the CMLC, the planned investment in the East Village exceeds \$1 billion.

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Reel news. 'Perfect' part of fishing season lost in flood

Thousands of tourists hoping to cast their lines for some world-class fly-fishing on the Bow River were forced to stay on dry land during the "perfect" part of the season.

Stoneflies tend to hatch on the Bow right around the same time the Calgary Stampede gets underway, causing fish to rise to the surface and international tourists to book a guided tour.

But David Blair, co-owner of Fish Tales Fly Shop, said he's been forced to cancel 100 tour hours since mass flooding began in Calgary on June 20. That amounts to nearly one-quarter of his business for the whole season.

"People don't really understand how substantial the fishing business is in Calgary. The Bow became famous back in the 1980s, and when it comes to having to postpone or cancel trips, it has never happened to this level before," Blair said.

Fish Tales tour boats and those of other companies began returning to the water late last week, with guides working to survey changes in flows and potential hazards. On Tuesday, Blair sent out his first clients in weeks.

The prognosis for city waterways appeared to improve that same day with the reopening of the Bow. Officials at the Calgary Emergency Management Agency didn't rule out earlier this month leaving both the Bow and Elbow rivers closed for the summer. The latter is still closed for the time being.

JEREMY NOLAIS/METRO



Some fish species, including the westslope cutthroat, seen here, will struggle to bounce back from Alberta's mass flooding last month. CONTRIBUTED

Could floodway plan improve river habitats?

Aquatic renewal.

Biologist says the province should 'reset the ecological clock' in some areas



JEREMY
NOLAIS

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Moving more than just homes away from Alberta's floodways will pay dividends for aquatic life trying to bounce back from future floods, a retired biologist says.

The province on Sunday rolled out a sweeping plan to motivate Albertans to move out of floodways, the areas closest to water that would be caught in the river's flow during a one-in-100-year event.

Those who choose to stay

will no longer receive funding for recovery in the event of a future disaster, but officials said in a technical briefing they were still working to determine proper measures to protect city infrastructure.

Even owners of homes on the fringe of the floodplain will be required to take mitigation measures to qualify for future disaster relief.

But Lorne Fitch, who worked as a fish and wildlife biologist with the province for 35 years, said rethinking where everything from bridges to bike lanes are built, as well as reducing the number of trees and shrubs near waterways, will improve the health of critical riparian areas, which basically serve as a buffer between water and land.

"In the rush to rebuild, we often put things back the way they were when maybe we

Catch and release

- The province is asking anglers in certain areas of southern Alberta to release fish caught for the remainder of the 2013-14 fishing season to help them recover from the flooding.
- More information is posted at albertaregulations.ca/fishingregs.

shouldn't," Fitch said.

A City of Calgary report released last year deemed 95 per cent of local riparian areas "unhealthy" or "healthy but with problems."

Fitch said those areas are vital when fish go into critical spawning phases after a mass flood. He speculates that the

surging Bow and Elbow rivers that raced through the city last month took out entire classes of species such as cutthroat and rainbow trout, which spawn in the spring.

"As the water comes through, the gravel churns," Fitch said. "It would literally grind those eggs up."

Carrie Sancier, a spokesperson with Alberta Environment and Sustainable Resource Development, said staff and volunteers have been working to recover displaced fish in many areas of the province — some even ended up in people's basements.

In the coming weeks, analysis will be done to determine damage to impacted fish hatcheries. "In some cases, they can spring back very quickly, but we'll have to go place-by-place and assess," she said.

1 NEWS

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Charges. Alleged attempted murder tied to elderly fraud case: Police

Police announced charges Wednesday in a Calgary attempted murder dating back five years which they believe was tied to a dispute over an elderly fraud case.

On the morning of Sept. 14, 2008, a man in his 40s was shot in the midsection while climbing out of his vehicle in the 100 block of Scenic Acres Road N.W.

According to Staff Sgt. Harv Davies, police now believe the shooting was an attempt by one of the accused, 44-year-old Surrey resident Nicholas Orestus Paul Anastassiades, to prevent a "civil action" being taken by the victim, who alleged his grandparents were the victims of a fraud plot.

Anastassiades met co-accused, Devan Kayle Rene Cunliffe, 27, of Vancouver, while going through court proceed-



Staff Sgt. Harv Davies METRO

ings related to the matter, police believe.

Davies said the victim was picking up a family friend when he was shot.

"The injuries were serious, they were life-threatening... He's still feeling the effects of those injuries, but he's recovering," Davies said.

JEREMY NOLAIS/METRO

After the deluge. Students to learn in modulars

Students from a southwest Calgary school that will require years of repair following flood damage will be housed in a modular classrooms, the public school board has announced.

Elbow Park School, which has about 220 students, will take two years to fix or may need to be torn down after water from the nearby Elbow River slipped underneath its foundation and caused severe damage to structural integrity.

After meeting with parents

from Elbow Park Tuesday evening, the Calgary Board of Education in partnership with the province is pressing ahead to set up 12 modulars in the field of Earl Grey School, about two kilometres north.

"This really is the best scenario for everyone," CBE area director Calvin Davies said Wednesday morning. "Given the circumstances these students have been through, we thought it best to keep them all together." JEREMY NOLAIS/METRO

Authorities mulling charges against MLA

Mike Allen. Fort McMurray legislator arrested Monday in U.S. prostitution sting

Under review

Allen was elected for the first time in last year's provincial election.

- St. Paul prosecutors are still reviewing the file to decide if Allen will be formally charged.

An Alberta politician arrested in the United States should find out by the end of the week whether he'll have to return south of the border to face a charge of soliciting prostitutes.

Mike Allen, member of the legislature for Fort McMurray-Wood Buffalo, was arrested Monday night by police in St. Paul, Minn., during a prostitution sting. He was in the city attending a midwestern legislative conference.

After he was released Tuesday, he phoned in his resignation from Alberta's governing Progressive Conservative caucus and issued an apology for "an embarrassing moment" and "lapse of personal judgment."

The 51-year-old flew back to Edmonton later Tuesday night, but since then, fellow politicians have been tight-lipped.

Premier Alison Redford has so far refused to comment on his arrest, and his constituency association and the head of the party are not talking either.

Residents in his home town aren't being so quiet.

"I'm appalled," said Carol Reider, a 42-year-old accountant and married mother. Allen is a public figure and should resign his seat, she said, adding she mostly feels bad for his family.

St. Paul police said Allen was one of 13 men arrested during the sting. They are conducted about every two weeks.

Officers posted a fake ad on an online site for escorts and massage services called backpage.com. Police spokesman Sgt. Paul Paulos said Allen responded to the ad over the Internet and information was exchanged through cellphone texts about when and where he would meet two female undercover officers.

Allen met the pair and agreed to pay about \$200 to have a threesome, Paulos said. A team of officers then quickly placed him under arrest.

"From what I heard, he was embarrassed and very polite."

THE CANADIAN PRESS



MLA Mike Allen is shown in this police handout photo in Saint Paul, Minn. The Alberta politician has resigned from the governing Conservative caucus after being arrested by police in a prostitution sting.

THE CANADIAN PRESS/HANDOUT/RAMSEY COUNTY SHERIFF'S OFFICE



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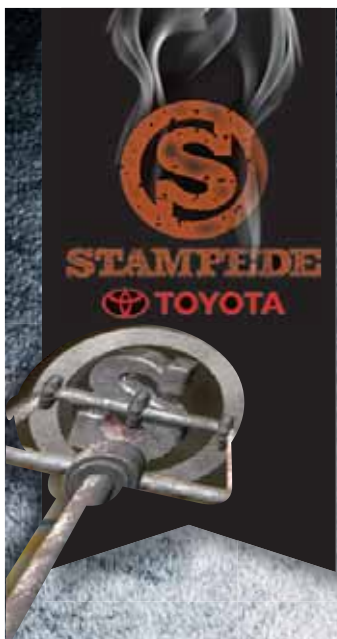
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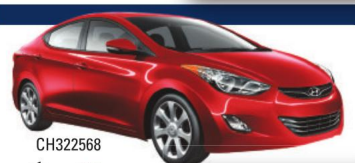
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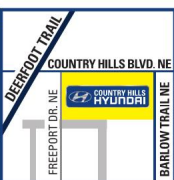


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metro

06

metronews.ca
Thursday, July 18, 2013



Executive director of the Victoria Park BRZ David Low shows off a new app launched to promote businesses in the area. KATIE TURNER/METRO

Victoria Park back open for biz

And there's an app to prove it. First Street Market Walk to be held July 20 and 21.



KATIE TURNER
katie.turner@metronews.ca

An app to promote businesses in Calgary's Victoria Park launched on June 20 had to be adapted following flooding that impacted a number of the community's shops.

The Experience Victoria Park app was launched the day flood waters began rushing in to downtown Calgary and was meant to coincide with the First Street Market Walk, explained JP Thivierge with the Victoria Park Business Revitalization Zone.

Now, a month later, Thivierge said the app and market this weekend will be used to show Calgarians the doors to many businesses are back open.

"We estimate now that probably 80 to 85 per cent of our businesses are back up and running, but within that there are still quite a few businesses where we aren't sure if they're going to come back at all," he said.

"Now the app basically showcases all the (businesses) that are open as well as the special events that we're doing this weekend."

Given the loss of revenue over the past month, Thivierge said they wanted to give these businesses at least a temporary space to set up shop.

"We're taking old, vacant retail spaces that haven't found

Displacement

- According to the Victoria Park BRZ, there are seven businesses in the area that have been permanently displaced.
- Another 14 businesses are still trying to re-open after the recent floods.

new owners and we're bringing in either a business that was affected by the flood to open up a pop-up shop, or we're having a guest artist come in a curate a special show."

The First Street Market Walk will be held on 1 Street S.W. between 12 and 15 Avenue between 10 a.m. and 5 p.m.

For more information, visit marketwalk.ca.

Denny's

Police investigate shots fired from moving vehicle

Investigators are looking for people who may have been involved in a shooting Tuesday night where officers say shots were fired from a moving vehicle.

Around 10 p.m., the Calgary Police Service received multiple reports of gunshots.

According to police, two vehicles left the parking lot of a Denny's on McKnight Blvd and shots were fired from a black Toyota Tundra before the truck fled south on Edmonton Trail.

METRO

Flood relief. ENMAX offers funds for Calgarians

Thanks to a donation, flood-affected and vulnerable Albertans now can get additional help through the Distress Centre and Aspen Family and Community Network Society.

Through a new partnership, ENMAX has committed \$300,000 to be split between the two agencies over the next three years, to help the city's most vulnerable recover from the flood.

The money will go towards assisting clients in times of crisis and to find ways to help vulnerable Albertans manage their long-term energy needs.

Since the flood, the Distress Centre has seen a 38 per cent increase in calls and that



Gianna Manes announces a \$300,000 commitment to flood-affected Albertans.

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number is expected to grow the longer people remain out of their homes.

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Hollywood. Reason for riot still unclear: Police

Packs of young people rampaged through Hollywood, knocked down people and stole cellphones and other items before a police sweep halted the marauding and arrested a dozen people, police said.

Fifteen to 20 young men and women were "attacking victims and taking property," said Lt. Ray Valois. No serious

injuries were reported.

Police believe the youths took advantage of a redeployment of police to Los Angeles' Crenshaw District, where violence had broken out the previous night over the acquittal of watchman George Zimmerman in the shooting death of an unarmed black teenager.

THE ASSOCIATED PRESS

First Nations. Leaders seek food security

Angry leaders from the Assembly of First Nations want a federal response to research that says nutritional experiments were conducted on unwitting, hungry aboriginal children in the 1940s.

Grand Chief Shawn Atleo says the revelations in a Canadian Press story are dominating conversations at an assembly meeting in Whitehorse.

He says the assembly is drafting an emergency resolution demanding that Ottawa acknowledge that aboriginal children are still hungry.

The AFN leaders say the Harper government should stop fighting the assembly's attempts to ensure food security. THE CANADIAN PRESS

Owner of gore website charged

Corrupting morals. Edmonton man faces jail time after posting alleged Magnotta video online



ANNALISE KLINGBEIL
Metro in Edmonton

The Edmonton owner and operator of a "shocking" gore website has been charged for posting a video allegedly sent to him by Luka Magnotta that depicts the murder of university student Jun Lin.

Magnotta is scheduled to stand trial in September 2014 for the murder and dismemberment of Lin, whose severed body parts were mailed across the country in spring of last year.

A video depicting the murder was allegedly sent by Magnotta to bestgore.com and posted online by the website's owner and operator, Edmontonian Mark Marek. The video remained on the site for eight days.

After a lengthy police investigation that included months spent trying to track down

Marek, who authorities believe has no fixed address and was living out of a vehicle, the 38-year-old has been charged with corrupting morals.

"I've never heard of that charge before.... I believe this may be the first time it's ever been laid in Edmonton," said EPS Staff Sgt. Bill Clark.

Clark said two Edmonton detectives from the homicide section were assigned to the case in June of 2012 and worked to track down the site's owner and operator.

Cops located Marek in Edmonton in February but still had not obtained enough evidence to charge him.

The day after he was located, Marek left the country and Canadian Border Services was notified.

On July 10, Marek landed in Vancouver and his laptop, hard drive and USB keys were seized. Police still didn't have enough evidence to lay charges.

A co-operative Marek was interviewed on Tuesday afternoon in Edmonton and provided authorities with "a lot" of evidence, Clark said.

At the end of the interview, Marek, who has no prior police involvement, was charged. The maximum penalty for corrupting morals is two years.



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Alleged kidnapper pleads not guilty on 977 counts

Ariel Castro, left, stands before a judge with defence attorney Craig Weintraub during Castro's arraignment on an expanded 977-count indictment Wednesday in Cleveland. Castro is charged with kidnapping and raping three women for more than a decade in his Cleveland home. Castro pleaded not guilty to 512 counts of kidnapping and 446 counts of rape. TONY DEJAK/THE ASSOCIATED PRESS

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22 kids die after eating school lunch

Dozens sick. Not yet clear how food got tainted with insecticide

The children started falling violently ill soon after they ate the free school lunch of rice, lentils, soybeans and potatoes.

The food, part of a program that gives poor Indian students at least one hot meal a day, was tainted with insecticide, and soon 22 of the students were dead and dozens were hospitalized, officials said Wednesday.

It was not immediately clear how chemicals ended up in the food at the school in the eastern state of Bihar. One official said that the food may not have been properly washed.

The children, between the ages of 5 and 12, got sick soon after eating lunch Tuesday in Gandamal village in Masrakh block, 80 kilometres north of the state capital of Patna. School authorities immediately stopped serving the meal as the children started vomiting.

Savita, a 12-year-old student who uses only one name, said she had a stomach ache after eating soybeans and potatoes and started vomiting.

"I don't know what happened after that," Savita said in an interview at Patna Medical College Hospital, where she and many other children were



Children who fell sick after eating a free school lunch lie at a hospital in Patna, India, Wednesday. At least 22 kids died. AFTAB ALAM SIDDIQUI/THE ASSOCIATED PRESS

recovering.

The lunch was cooked in the school kitchen.

The children were rushed to a local hospital and later to Patna for treatment, said state official Abhijit Sinha.

In addition to the 22 children who died, another 25 kids and the school cook were in hospital undergoing treatment, P.K. Sahi, the state education minister. **THE ASSOCIATED PRESS**

Headmistress flees

- Authorities suspended an official in charge of the free meal scheme in the school and registered a case of criminal negligence against the school headmistress, who fled as soon as the children fell ill.

Royal birth

England and wails: Queen impatient for baby to arrive

Asked whether she was hoping for a boy or a girl as her third great-grandchild, Queen Elizabeth II said, "I don't think I mind. I would very much like it to arrive. I'm going on holiday."

THE ASSOCIATED PRESS

Same-sex marriage

Britain makes it official: Gay marriage OK'd

With little fanfare or controversy, Britain announced Wednesday that Queen Elizabeth II had signed into law a bill legalizing same-sex marriages in England and Wales.

THE ASSOCIATED PRESS

Dear Malala. Taliban commander writes to girl his group tried to murder

A prominent Pakistani Taliban commander has written a letter to a teenage girl shot in the head by the group, expressing regrets that he didn't warn her before the assassination attempt that propelled her activism to the international stage.

The letter from Adnan Rasheed, however, didn't apologize for the October attack that left Malala Yousafzai gravely wounded. Rasheed, who has close relations with Taliban leaders, only said that he found the shooting "shocking" and wished it hadn't happened.

Rasheed said he would leave it up to God to decide whether the activist for girls' education should have been targeted.

Rasheed said the Taliban



Malala Yousafzai
MARY ALTAFFER/THE ASSOCIATED PRESS

did not attack Malala because she was a proponent for girls' education, but because she was critical of the militant group when it took over much of her hometown.

THE ASSOCIATED PRESS

Suit that makes you look like a million dollar man

Owning a hand crafted, custom fitted suit is the dream of every man and woman. But finding a tailor and staying within budget can often be a challenge. So, you continue to buy ill-fitting suits off the rack – suits that are not customized to the nuances of your body type and size.

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BMV Bespoke is passionate about creating the best possible fitted suits for their clients – before a thread is cut or a measurement is taken, your BMV tailor will carefully observe and note every detail of your unique body type to ensure your suit fits to perfection.

“As tailors, we love to see somebody coming to us wearing an off-the-rack, ill-fitting suit, which often costs a fortune and then walk out

with one of our perfectly fitted, custom made suits. With BMV, our superior quality and fit often costs so much less, yet fits so much better.” ~ BMV's Director and Lead-cutter.

When buying off the rack, the only options are what is in front of a person- the shoulders may be too wide or too narrow or the fit may just not be comfortable.

Men who buy off the rack almost always need to have their suits altered, but by visiting a BMV bespoke, they can have a suit made exactly to their specifications and body type.

“We cut from scratch and make full suit according to individual preference,” explains William Bal of BMV Bespoke Tailors.

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Deadly gales, happy trails

While a violent tempest can destroy property and bring financial ruin, it's also the key to fortune for an intrepid breed of entrepreneur: the storm chaser. George Kourounis, full-time chaser and former host of the TV series *Angry Planet*, reveals the secrets to survival in his dream job.

RITA POLIAKOV
rita.poliakov@metronews.ca

COURTESY GEORGE KOUROUNIS

Instead of your math homework, you were busy counting lightning strikes. When your parents pleaded with you to go to law school, you drowned them out with the sound of hurricane-force winds. So unless you became a meteorologist, chances are you're still seeking that dream job.

Well, storm chasing may just be in your forecast.

As violent weather becomes more common, what may have seemed like a fairy tale now might be a valid career choice.

It worked for George Kourounis, a full-time storm chaser and adventurer who tracked his first tempest in 1998. After years of dodging cattle, embracing hail and praying for lightning, Kourounis, who makes his living by photographing and filming tornadoes, hurricanes and other natural phenomena, offers four skills you'll need to thrive — and survive — in your ideal career.

Take your veggies, leave the candy

You have to know what you're looking for. Kourounis hunts for supercell storms — thunderstorms known for their rotating updraft.

"It looks like a cauliflower," he says of storms with the potential to produce a good tornado. "If it looks like cotton candy — soft and mushy — then no."

What Kourounis is really searching for is a cap, a layer of warm air that covers cold air in a storm. If it's strong, but not too strong, then the storm will eventually get through the cap. "Then you've got these explosive storms," he said.

Learn to mind the cows

Driving skills are crucial.

"Some of the most dangerous things don't involve the actual phenomenon," Kourounis said. "Driving on the roads, that is far more dangerous."

That's because tracking a storm will often involve hours of driving, sometimes on unpaved, dangerous paths. Factor in other storm chasers paying more attention to the sky than the road, panicked locals, clay surfaces that don't mix well with water and errant farm equipment, and your chances of crashing have just skyrocketed.

Kourounis has even been caught in a cattle stampede at the worst possible time.

"We had baseball hail coming down, a tornado on the ground moving slowly toward us ... and a herd of cattle that would not get out of my way," he said.

Develop a strong stomach

Storm chasing comes with its fair share of superstitions.

Kourounis firmly believes, for example, that if he accidentally hits a bird, he'll find a storm that day. He also refuses to eat steak unless he's seen a tornado. And when in Texas, if you pass an Allsup's, you better stop for a burrito — no matter how unappetizing — or the fates will be against you.

Know when to walk — or run — away

Kourounis's most important rule is simple enough: Know when to let the tornado go. "No photo's worth dying for," he says.

Raining cash?

According to Kourounis, one tornado season can cost a few thousand dollars in gas, food, hotels and travel. And your competition isn't just other storm chasers, but everyone with a cellphone camera who's willing to give their shots away for free.

- On the flip side, documentaries looking for professional storm footage can pay \$35 per second.

Head in the clouds

If you're looking for the perfect twister, here's his list of the best places to find it:

- Tornado alley:** North Texas, Oklahoma, Kansas, Nebraska (May and June)
- Dixie alley:** Mississippi, Alabama, Tennessee (March and April)
- Northern plains:** Dakota, the Canadian Prairies (summer)
- Southern Ontario:** in the corridor from Windsor to Barrie (May to August)

Moving targets

1,200

The U.S. gets about 800 to 1,200 tornadoes a year. Canada gets about 60.

Gear up and get going

Strobe, emergency lights

These help illuminate the road. Essential at night.

A good laptop

This is key. Kourounis's computer has radar software that he checks regularly.

Radio

This is Kourounis's link to the outside world. It allows him to communicate with fellow storm chasers and weather stations.



RITA POLIAKOV/METRO IN TORONTO

A trustworthy car

Kourounis has a 1999 Honda CRV. The car is covered in hail dents, which he sees as trophies. He's had to replace the windshield several times.

GPS

Kourounis has a basic model as well as a more sophisticated GPS that he runs on his computer.

More online

Check out videos of George Kourounis's escapades online at his YouTube account, gkourounis.



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Icelandair agreement

Porter Airlines signs deal to gain access to Europe

Porter Airlines has signed an interline agreement with Icelandair that gives passengers on its flights access to Europe on a single combined e-ticket, the Toronto-based airline announced Wednesday.

The agreement allows passengers to book a single combined e-ticket for Porter Airlines and Icelandair flights and check baggage through to their final destination.

Porter is a regional airline based in downtown Toronto. **THE CANADIAN PRESS**

Lac-Mégantic

Train co. in Quebec derailment lays off 25% of staff

The company involved in the deadly Quebec train derailment has laid off one-quarter of its workforce in the province, citing the disaster's impact on the business.

Montreal, Maine and Atlantic Railway has laid off 19 of its 75 workers in Quebec, the United Steelworkers Union said. The train staff are not the only ones suffering. "Those who lost their jobs in Lac-Mégantic ... have been forgotten," said a cook at a restaurant near the blast zone. **THE CANADIAN PRESS**

Original idea: 'KFC eleven' goes boneless, drops colonel



KFC will offer new boneless pieces of chicken as an alternative to its traditional breast, thigh and drumstick pieces. The chain says the offering reflects the growing popularity of easier-to-eat chicken strips and nuggets. KFC/THE ASSOCIATED PRESS

But is it still finger lickin' good?

The fast-food chain is opening a test upscale restaurant, with the Original Recipe, minus bones and mascot

KFC is tossing out the chicken bones and the quaint image of founder Col. Harland Sanders as it gets ready to test a slightly more upmarket restaurant.

The fried chicken chain says it's opening a location called "KFC eleven" early next month near its headquarters in Louisville, Ky., that will serve flatbreads with toppings, rice bowls, salads and only boneless pieces of its Original Recipe chicken.

The restaurant's exterior won't feature Sanders, whose bespectacled, white-bearded likeness has long been front and centre at traditional KFC

Would Col. Sanders approve?

John Cywinski, president of KFC, said in an interview the company hoped to use the new test location to learn how it can update its offerings and draw in a broader customer base, particularly women.

locations. But the name of the test restaurant is a reference to the 11 herbs and spices Sanders used in the Original Recipe.

KFC eleven's opening is a reflection of the challenges facing traditional fast-food chains such as McDonald's, Burger King and Wendy's. The problem is that people in their 20s and 30s are increasingly heading to chains such as Chipotle Mexican Grill and Panera Bread, where they feel they get better food for slightly higher prices.

THE ASSOCIATED PRESS

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DID YOU KNOW?

FACT:

Wireless rates in Canada are typically lower than in the U.S., in some cases up to 40% lower¹ and smartphone monthly plans are actually less expensive in Canada than in the United States.²

Source:

[1] Wall Communications Report, prepared for CRTC, July 2013.

[2] Scotiabank, March 7, 2013

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STUPID SUMMER AND ITS HEAT

I miss winter.

Yes, that's right. You heard me. Baby, I wish it were cold outside.

Here in Toronto it's been in the low 30s lately, and with the humidex factored in it feels like — excuse me while I make the calculation — 92-billion degrees, give or take.

It's been equally uncomfortable in most of Canada, and frankly, for me, anything over 25 C makes me wish I could trade my existence with an Antarctic researcher, or an Eggo in my freezer.

While it's true that in the depths of winter I have prayed for a July night, I'd have been equally happy this summer to see snowflakes fall from the sky and melt on my face.

Alas, no such luck, and I have to suffer like the rest of you, who convince yourselves that this sleepy, sweaty excuse for a season is the best time of the year.

As someone who hates the summer more than most, I am spe-



HE SAYS

John Mazerolle

metronews.ca

cially positioned to provide counsel on how to defeat it. As such, here are my tips for staying cool this summer. Follow these and you'll feel like the other side of the pillow.

Cold comfort: Beating the heat and staying healthy during the summer

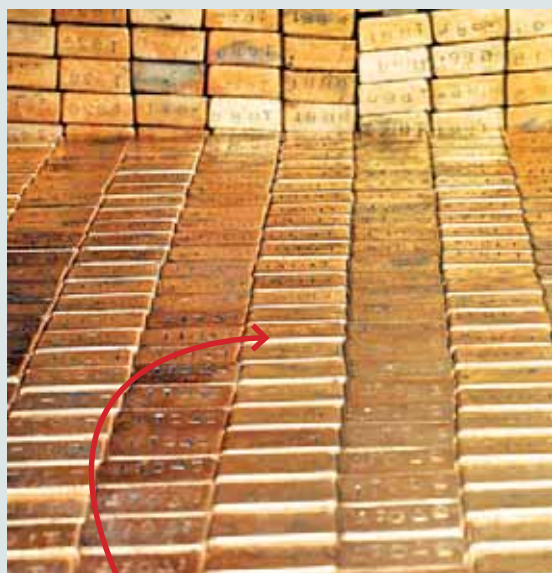
- Dehydration is caused by the loss of water and salt, so drink plenty of salt water.
- A wide-brimmed hat will keep the sun off your head and discourage U.S. drone strikes.
- During extreme heat alerts, visit elderly relatives and neighbours, because they're less likely to notice that you're wandering off with their air conditioner.
- Gatorade will give you energy you need to whine and complain with the same intensity

Sidney Crosby does during every single stoppage in play.

- Be warned that breathable clothing is surprisingly difficult to inhale.

ZOOM

When stars collide ... it's golden



BARRY THUMMA/THE ASSOCIATED PRESS FILE

Shiny metals result from cosmic clashes

Gold bars are seen at the U.S. Depository in Fort Knox, Ky. A strange glow in space has provided fresh evidence that all the gold on Earth was forged from ancient collisions of dead stars, researchers said Wednesday.

Astronomers have long known that fusion reactions in the cores of stars create lighter elements such as carbon and oxygen, but such reactions can't produce heavier elements such as gold.

Instead, it was long thought that gold was created in a type of stellar explosion known as a supernova. But that doesn't fully explain the amount of the precious metal in the solar system.

About a decade ago, a team from Europe using supercomputers suggested that gold, platinum and other heavy metals could be formed when two exotic stars — neutron stars — crash and merge. Neutron stars are essentially stellar relics — collapsed cores of massive stars. **THE ASSOCIATED PRESS**



FAIRBANKS GOLD MINING INC./THE ASSOCIATED PRESS

Glowing after a burst

3.9B

NASA's Swift telescope last month observed a gamma-ray burst that resulted from the crash of dead stars. The burst, in a distant galaxy, was some 3.9 billion light-years away. Each light-year is about 6 trillion miles. The burst lasted only a fraction of a second.

Using ground telescopes and the Hubble Space Telescope, the team noticed an odd glow that lasted for days. Infrared light in the glow could be evidence that heavy elements such as gold had spewed out of the cosmic crash, the researchers said.

Struck gold

Fort Knox Mine, pictured, is the largest operating gold mine in Alaska.

- The research suggests gold was produced from stars crashing in the Milky Way. It doesn't delve into how Earth was sprinkled with riches, but previous studies have suggested that a meteor shower may have delivered gold to the planet.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

There are a lot of things that can make cycling more pleasant. A sunny sky. A cool breeze. Infrastructure that provides you with a place to ride safely. Sadly, those are largely out of your control. But you can control the level of technological wizardry your ride is equipped with if you have these apps.

Bike Brain

A digital dashboard that packs GPS mapping as well as speed, distance and altitude tracking into a handlebar-mounted iPhone utility belt. Need to be more dazzled? There are available paid upgrades for additional features such as a Bluetooth-powered heart rate sensor. (iOS/Free)

Bike Repair:

The spring crush at bike shops to get your ride tuned up for the summer is

long past, but you can avoid it altogether next year with this illustrated repair and maintenance guide to grappling with common bike-related woes. (iOS, Android/\$3.99)

Coach My Ride:

Blessed with the imprimatur of top cycling coach Lionel Reynaud, CMR arms you with a professional training regimen with enough entry points to suit any cyclist, from weak-kneed beginner to corded-calved veterans. (iOS/\$2.99)



BYRN LENNON/GETTY IMAGES

Letters and Comments

RE: Chris Brown Teams Up With 'America's Worst Charity' To Bring Sick Boy To Canadian Show, published July 17

In my opinion Chris Brown has paid his dues as a citizen. I don't know what else people expect from him.

I know what he did was wrong but I truly believe that every person deserves a second chance to move on with their lives.

How can anyone do so if they are continuously harassed in the media, in public, etc.

I don't understand where

people get the time, energy and the hatred to continuously harass someone that is trying to move on.

Maybe everybody should get a life then they wouldn't have time to make other people's lives difficult. In my opinion, if Jesus Christ forgives then so should we. There have been musicians that have gone to prison for murder and they are still making records. **A. Grossi, Toronto**

This is a really pathetic publicity pull, and all parties should be ashamed of themselves for using a sick kid to try to clean up their image.

Danielle Goyetche posted to metronews.ca

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BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

When it comes to cool jobs, Stephanie Nemcsok has one of the coolest.

And she knows it.

Nemcsok is the public programmer for TELUS Spark, Calgary's shiny new science centre north of the zoo. She is responsible for helping develop interesting and educational programs for both children and adults.

"It never ceases to amaze me how free we're allowed to be to create different opportunities for our visitors," says Nemcsok, who is busy sorting out details for several new programs, including a bicycle-themed engineering night on Aug. 1.

"We have a lot of brainstorming sessions with the staff. We poll our visitors and we get lots of feedback from our visitors about what they want to see," she said. "We also follow the Internet quite closely to see what's going on and what's interesting in pseudo science and pop science."

The museum studies grad is also gearing up for the launch of Spark's Meet an



Stephanie Nemcsok is the public programmer for the TELUS Spark. HANDOUT

Innovator series later this month.

She says one of the favourite aspects of her job is connecting engineers and science professionals with the general public, in hopes of inspiring — while still entertaining — young (and older) minds to learn more about the scientific arts.

Nemcsok recalls the story of an older visitor who attended one of the centre's monthly adults-only nights and was able to dissect a heart not long before his own bypass surgery.

"He was way more calm

Details

What you need to know about science centre

- **Event.** Engineering Night takes place the first Thursday of every month from 6 p.m. until 9 p.m. The next event takes place Aug. 1 with a focus on the ins and outs of bicycles.

- **Drinks.** For those who

want to enjoy the science centre sans children and with a glass of wine, the popular adults-only night happens the second Thursday of every month from 6 p.m. until 10 p.m.

- **More information.** A complete list of events and tickets can be found at sparkscience.ca

and comfortable going into (the operation) because he

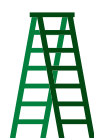
knew what was going on," she explains. "He knew

where the cuts were going to be, the damage that was going to happen and how it could be repaired having sat with a cardiologist. Stories like that are important to us."

Nemcsok says although Calgary's main focus is the oil and gas industry, she believes most people are interested in the future of the city and how to preserve it.

"We want to make sure people are learning about other areas of science," she says. "But there's definitely a focus on engineering and oil and gas."

Sharability



easy

hard

Clairvoyant predicts a Conjuring sequel

Lorraine Warren.

Famed ghost hunter talks about how she deals with skeptics and that creepy doll that almost killed a priest



**NED
EHRBAR**
Metro World News in Hollywood

The Conjuring is the latest film to bring the work of clairvoyant Lorraine Warren and her late husband, demonologist Ed Warren, to the screen, but it's the first to feature the Warrens themselves as characters (played by Vera Farmiga and Patrick Wilson). Here's what we learned from the engaging and energetic 86-year-old Lorraine Warren.

The film really is based on true events

In the movie? Almost anything that they use (is true). They didn't go off-track that much, and they always let me hear what they were doing. They would phone me and let me know. Most of it, yeah, it's really true.

She's now a big Vera Farmiga fan

(Vera and Patrick) came to our home in Connecticut to talk with us. My daughter happened to be visiting, and even my daughter said — and she would not if it wasn't true — she said, "Mom, that girl actually really knows who you are." Never met her before. I was really impressed by her, and I still am. She's a very down-to-earth girl.

She knows how to deal with skeptics

What I always ask them about is if they believe in God. You can reach people that way, to know them as a person. If you don't believe in God, how can you believe in anything supernatural? If you believe in God, no matter what your religion is, then you have to believe in something like this. That's the best way for me to put it, that way.

She's confident there will be a sequel

If this is a big hit — and it sure is showing signs



Vera Farmiga, right, plays Lorraine Warren in *The Conjuring*. THE ASSOCIATED PRESS

Quoted

"If you believe in God, no matter what your religion is, then you have to believe in something like this. That's the best way for me to put it."

Lorraine Warren

of it — yes. And Vera and Patrick, I want them (to return). I think it's going to happen, honey. You know the Annabelle doll, the one that's portrayed in the beginning of the movie? I'm almost positive that they're going to be doing (another movie), and I think the Annabelle doll should be the next one. I'll never forget coming home with that doll in the back seat of the car. Ed stopped two or three times and he would cast out with holy water

the back door of the car, make a sign of the cross with the holy water and command it to leave in the name of God. We got back in the car, and we were lucky enough to get home.

This Catholic priest had called me up because he wanted to come and bless the doll. I'll tell you that night, when the priest was going home he called and he said, "I was almost killed."

He said he saw the image of the doll in the rearview mirror and totalled his car.

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2. INFERNO Dan Brown

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Last Week: 2 / Weeks on List: 8

This Week

Last Week Weeks on List

3. THE EYE OF GOD James Rollins	3	4
★ 4. THE SECRET KEEPER Kate Morton	-	1
★ 5. THE ENGLISH GIRL Daniel Silva	-	1
★ 6. FIRST SIGHT Danielle Steel	-	1
7. SILVER STAR Jeannette Walls	7	6
8. THE FIRE WITNESS Lars Kepler	8	6
9. BEAUTIFUL DAY Elin Hilderbrand	9	4
10. ZERO HOUR Clive Cussler	10	8
11. THE SECRET RACE Tyler Hamilton	11	5
12. SECOND HONEYMOON James Patterson	6	3
13. THE KILL ROOM Jeffery Deaver	13	7
14. REVENGE WEARS PRADA Lauren Weisberger	5	7
15. TRANSATLANTIC Colum McCann	15	7
16. WILD Cheryl Strayed	16	16
17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	13
18. FLIGHT OF THE EAGLE Conrad Black	12	9
19. BEST KEPT SECRET Jeffrey Archer	19	12
20. THE GREAT DEGENERATION Niall Ferguson	4	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending July 22nd

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The To Do List

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The To Do List



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Thursday, July 18, 2013



Justin Timberlake has been nominated for six MTV VMAs. THE ASSOCIATED PRESS

Justin Timberlake dusts off his Suit & Tie for the VMAs

Nominations.

Timberlake, Macklemore & Ryan Lewis lead pack in nods

The man in the suit and tie and the duo who buys clothes at thrift shops are the leaders at this year's MTV Video Music Awards.

MTV announced Wednesday that Justin Timberlake and Macklemore & Ryan Lewis have six nominations each. Bruno Mars has four nominations. Timberlake's *Mirrors*, Macklemore & Ryan Lewis' *Thrift Shop* and Mars' *Locked Out of Heaven* will battle Robin Thicke's *I Knew You Were Trouble* for video of the year. Timberlake's *Mirrors* and *Suit & Tie* are up

Watch it

- Airing live. The VMAs will take place on Aug. 25 at Brooklyn's Barclays Center.

for best male video, pop video and collaboration, among others. THE ASSOCIATED PRESS



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Netflix's house of cards are refusing to topple

Emmy Awards. House of Cards and Arrested Development may become first online series to take big TV nominations

If Netflix's House of Cards and Arrested Development on Thursday become the first online contenders to nab top Emmy nominations, it will be a breakthrough moment for shows making a splash without the aid of a TV set.

If not, it's just a matter of time before the inevitable happens.

The video universe that once meant broadcast television, then added cable and satellite, has splintered again to encompass websites including YouTube and streaming services including Netflix and Amazon.

The expansion was recog-

nized in 2008 by the Academy of Television Arts & Sciences with a rules change that added the Internet as an eligible Emmy platform. As with broadcast networks and other video distributors, programs must reach more than half of the U.S. audience to make the cut.

When the Emmy nods are announced early Thursday, a fair number of pundits say clever political drama House of Cards and Arrested Development, the offbeat sitcom resurrected by Netflix after it was dumped by Fox, will be in the awards hunt.

The series are tagged for possible top drama and comedy bids, with House of Cards stars Kevin Spacey and Robin Wright and Arrested Development cast members including Jason Bateman, Jeffrey Tambor and Jessica Walter seen as contenders for acting nominations.

There have been Internet nominees before, such as last year's Web Therapy and 30 Rock: The Webisodes in a short-

New era?

As for this year's potential game-change, with these series making waves without the aid of TV, "It certainly is a marker of the new era. ... It will send shock waves through the industry," said Tim Brooks, a former network executive and TV historian who co-wrote The Complete Directory to Prime Time Network and Cable TV Shows.

format category, but not in the premier fields of acting and best series. Online shows competing with Emmy champs Breaking Bad and Modern Family will be the 21st-century version of the watershed 1990s showings by HBO's The Larry Sanders Show, The Sopranos and Sex and the City in those high-gloss categories.

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Still bringing down the House, 35 years later

Of tributes and togas. Animal House producer tells today's comedy-creators to make sure their flicks are 'redeemably funny'

When making a rowdy com-

edy, just make sure it's redeemably funny.

So goes the mantra of producer Matty Simmons, the co-founder of National Lampoon who also helped guide National Lampoon's Animal House to the big screen.

The 1978 frat comedy celebrates its 35th anniversary with a tribute at Toronto's TIFF Bell Lightbox on Thursday, where

Simmons, director John Landis and Canadian producer Ivan Reitman will reunite to discuss the making of a comedy classic.

Ahead of the tribute, the 86-year-old Simmons chatted from Los Angeles about the film's rocky beginnings, its wild off-campus parties and the irredeemable humour of today.

This is yet another milestone

for Animal House. What do you think of the tribute?

We've had so many anniversaries, it's been so long. It's an amazing movie because the lifespan of the movie has been unprecedented — there's almost no movie ever that's had the longevity of this movie. It still makes millions of dollars a year, it grosses millions of dollars a year in video and cable

and foreign (sales), theatrical and everything else.

It was an iconic role for John Belushi. What was your personal relationship with him like?

He was like a son to me. I remember the day he died — what was that ABC news program that went on at night with Ted Koppel? (Nightline) — they called me and asked me if I would be on the show the night he died and I just couldn't handle it. I said, "No, no, I want to be alone." He was a sweet guy, he was just a lovely guy. I mean, I know he had all his faults and was into drugs and booze and everything else but he was just a good guy. And an incredible talent.

Was there any of that boozing and drugging on the set of Animal House?

Not by John as much because he was there with his wife but at night there was.... The nights of the shoot the rest

of the Deltas had rooms at the local inn and there would be parties every night.... It was mostly in Bruce McGill's room, his room was party central.... One day one of the professors from the University of Oregon dropped by, took off his boots, sat back and drank some beer. When he got up to leave, someone had nailed his boots to the floor.

What do you think of today's comedies?

Today they do more on TV than in those days in movies.... The problem is they use obscenity and sex as a gimmick to get laughs without the joke and that bothers me. I had a rule at the Lampoon — you can say anything you want to say as long as it's redeemably funny. But most of the humour today I don't find redeemably funny.... It's just not up to par. But that's an old man lamenting.

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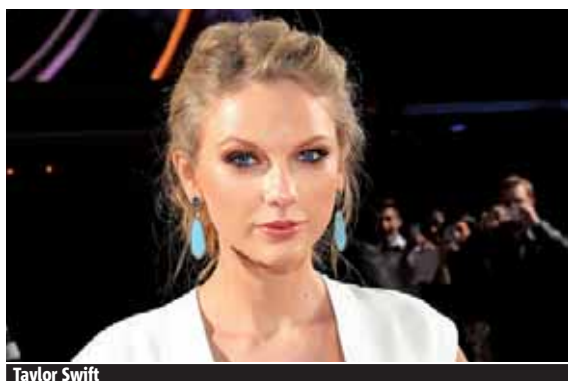
Jim Belushi gets his party on in Animal House. HANDOUT

SNL overload?

Was Chevy Chase supposed to star in Animal House?

- Simmons: Chevy had scored big on Saturday Night Live when we put Animal House together and he wanted to play Boon. And I really didn't want (him) to do it because John Belushi came from Saturday Night Live and I figured if Belushi came and Chase came,

everybody would think this was a Saturday Night Live movie and I wanted it to be a National Lampoon movie. (Chevy) had another offer to be the star of Foul Play and we said "Look, you're a star there, you're getting five times as much money. You don't want to be in an ensemble movie." So he passed on Animal House. ... And it worked out fine."



Taylor Swift

Radio — making creepy men's dreams come true

A Boston radio station is learning the hard way that online contests for Taylor Swift fans can be tempting targets for Internet pranksters. Boston's Kiss 108 is holding a competition to find Swift's number one fan and give him or her a chance to meet the country star, but right now 39-year-old "Charles Z." is in the lead, thanks to his friends at the anonymous message board site 4chan. "My creepy 39-year-old friend named Charles

would like to crush all those girls' dreams, and then sniff Taylor Swift's hair because he's into that," an anonymous supporter wrote on the site. "Help him crush the dreams of these girls and give him a chance to make a complete ass of himself by blatantly just sniffing her hair with cameras rolling." When word went out on 4chan about the contest, Charles jumped from 25th place to first place in less than 24 hours.



Kate Middleton and Prince William

Not everyone excited about the new Royal arrival

It turns out not everyone in the Royal family is preoccupied with the impending arrival of Kate Middleton and Prince William's first child. Margaret Rhodes, the Queen's first cousin,

tells CNN that she's "not terribly" excited about the birth. "Everybody has babies and it's lovely," the 88-year-old says. "But I don't get wildly excited about it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Cranston says he very nearly had a dark Walter moment

MELISSA TUBB

Metro World News in New York City

Playing a character like Walter White on *Breaking Bad* means facing your darkest impulses. And even a genuinely nice guy like Bryan Cranston — who plays Walter — has had some nasty moments in his life. He once fantasized about killing an abusive ex-girlfriend who

was stalking him. "My apartment had a brick wall on one side, and I envisioned opening the door, grabbing her by the hair, dragging her inside, and shoving her head into that brick wall until brain matter was dripping down the sides of it," Brian told GQ. "Then I shuddered and realized how clearly I saw that happening. And I called the police because I was so afraid. I was temporarily insane — capable of doing tremendous damage to her and to myself." Gross! Still, good for Bryan for having the sense to call the police. Walter White would have just killed that girl and her entire family.



Johnny Depp ALL IMAGES GETTY

Have you Heard who had a day out with Depp's kids?

Johnny Depp reached a major milestone in his relationship with Amber Heard this week: taking a trip with the kids. Heard accompanied Depp along with his 14-year-old daughter, Lily Rose, and his 11-year-old son, Jack, on

a trip to Tokyo to promote *The Lone Ranger*, according to *Us Weekly*. It's a big step for the couple, who have reportedly been dating since Depp split from longtime partner Vanessa Paradis.

Twitter



@JuddApatow

Stress is a great funk remover.



@AlbertBrooks

Maybe I'm old fashioned but putting the Boston bomber on the cover of *Rolling Stone* is a terrible idea.



@Sethrogen

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Resort to shopping in this time of transition

Clothed in confusion?

Despite the label it looks like you don't need a passport to get into resortwear — just an insatiable desire for new wearables

KATHRYN
GILBERT
Metro World News

Resort, it's that increasingly vague season of clothes that's currently in stores. And the runway shows for next year's resort season recently wrapped up in June. But what does resort mean? As the fashion world's transitional moment gets bigger and bigger, its purpose grows increasingly murky.

Designers initially intended the resort season to address a woman's summer holiday wardrobe needs. But does Roksanda Ilincic actually expect us to wear her voluminous coats poolside? Will Lanvin's jewel-encrusted dresses fit in our luggage?

Let's start with what's pretty clear: resort is all about the money. Helen Davis, head of womenswear at Harrods in London describes it as the "most commercial delivery we buy into, as it is on the floor at full price for over six months and therefore drives the business". Resort also tends to have fewer bells and whistles. As Davis points out, the collections include "good transitional pieces and classic styles," making resort purchases solid investments. They're also cheaper than seasonal collections: "The runway shows showcase the

best a designer has to offer and the most wow pieces of the season, therefore, the top price point for show collection pieces usually well exceeds the top price point of pre-collection pieces."

But don't you need to buy a ticket to St. Barths to wear your reasonably priced resort wardrobe? Well, it turns out the name is a bit of a red herring. Because while it was once destined for monogrammed luggage flying out to far-off lands, now the season is about fulfilling shoppers's desires for something new. Davis points out that brands are increasingly "introducing a pre-collection offering, to ensure there's constant newness on the floor."



ROKSANDA
ILINCIC



Transitional collections such as the ones pictured (all resort 2014) are growing in importance.



Chanel



JW Anderson

The cheat sheet

The fashion calendar

In the clothing business, it's the equivalent of the Gregorian calendar — instead of Christmas and Easter you get autumn/winter and spring/summer, with a slew of other runway shows in between.

Women's ready to wear (RTW)

These collections show twice a year, with the major focus on New York, London, Paris and Milan. They usually feature higher-priced showpieces that you'll see in magazines, on celebrities and editors throughout the season.

Resort

Also known as cruise or pre-collections, designers show these commercially oriented lines twice a year in the four major fashion capitals. Unlike RTW, there are no centralized venues or schedules.

Couture

Couture shows in the same manner as RTW, with a set calendar of shows, but is a completely different concept, focusing on rarefied, exclusive, painfully expensive custom garments. Fewer designers will show here. This is one for the big boys.

Men's RTW

One of the most recent additions to the fashion calendar, men's RTW is organized just like its female counterpart. This is where the more avant-garde menswear trends come from.

Trends Report

- Trends Report's Canadian By Design discovers up-and-coming talent in the Canadian fashion scene. This week, meet Minling — a Toronto-based designer and stylist whose new line of eye-catching clutches will surely make you the centre of attention at any soirée.



metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetrolreneK

Mr. Hare cobbles a career

Fashion by the foot.

The dreadlocked designer chats Frank Ocean, getting laid and why he makes shoes for dancing

RICHARD PECKETT
Metro World News

The old adage, "The shoe makes the man," couldn't ring more true for Marc Hare. In 2008, the designer lost his job in fashion marketing and went on to create, in his words, "shoes for every moment." He designs for sybarites and socialites — men with a touch of the playboy about them. Not dissimilar from Hare, really, who has a passion for the sun and surfing. In fact, the 42-year-old describes himself as a "lazy person" but for a man who alludes to being a beach bum, he gets a lot done.

You've got an old leg and foot injury. Do you design shoes



Hare has steadily expanded his global footprint from having his shoes stocked on just one website, to global shipping at mrhare.com, to opening his first brick and mortar store in September last year. HANDOUT

for your own comfort?

I did design them around me but our most comfortable shoes are just that comfortable on everybody. It's well known that I just love holidays and being in hot places; a lot of my shoes are made for hot weather countries in the Mediterranean or on the equator.

Do you take back inspiration from any of those countries?

Always, because you come back with colours, shapes, even the attitude of that country. I'm half English and half Jamaican and I think it has a massive effect on the shoes I design and what I think is the basic shoe opposed to what the German industry thinks is a basic shoe.

What's your go-to shoe?

I haven't got one; I have a basic

collection.

There are some pretty outlandish men's shoes out there at the moment, with Jimmy Choo and Christian Louboutin going down a flamboyant route. Would you ever embellish your shoes in the same way?

It's a different kind of thing to do what I do but never say never. Those people have been making shoes for a long time and they put things into their shoes that I don't even know yet. I'm just blown away by the technical aspects.

You once mentioned that you rarely give shoes away to celebrities. Have you changed your attitude about that? And

if so, which celebrities make the cut?

Not unless I have — it's quite personal. If I'm inspired by what you do and if what you do raises my daily game then you can have some shoes. Like Tom Hardy — what a genius actor. Any time of day he can have them. Actually, Frank Ocean would be about my ultimate person to see in my shoes. He has a pair but I've just never seen him in them.

Women are said to judge a man by his shoes, so will your shoes help get a man laid?

It'll help but it's not a done deal. If you're a dick in my shoes, you're still a dick.

Mr. Hare by the numbers

Hasn't shaved since he was 19 — he's now 42.

He's been growing his hair since he was 17.

Sold 300 pairs in 2008, compared to 7,000 this year.



SOME THINGS SHOULD NEVER BE FOR SALE.



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The perfect guest room, coffee and all

I recently moved into a small townhouse and would like to decorate my spare bedroom differently than the rest of my space. Any advice? - MJ, Ottawa



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Choose a decor theme that you might like to get away to, but keep it neutral to appeal to all guests.

This will keep you passionate about the decorating project but thinking of your guests first and foremost.

At my house, I decorated a guest room influenced by the seaside looks of Nova Scotia. Without being too country, I created a bright and neutral decor scheme using warm white, foggy blue and warm light wood tones.

The furnishings were clean-lined and not too fussy to appeal to my urban jet-setting guests.

Comfort

Buy a good mattress (or add a feather bed mattress topper to an existing mattress) for a luxurious night's sleep.

Consider a double-sized bed if space is of concern; it offers lots of room for one yet sleeps two in a pinch. Purchase neutral coloured sheets and towels; buying quality means longer-lasting and easy care.

Add carpets and draperies if you want to create a quieter atmosphere for your guests.

Create an oasis

A convenience espresso maker for a quick sip while getting ready for the day, a docking/charging station to listen to some music, a basket filled with spa/bath products will all allow guests to relax in their room when they wake up.

Books, current magazines and a portable DVD player will allow quiet time before turning out the lights in the guest room.



Cool, light colours tend to make a small space appear larger and brighter. YVONNE DUIVENVOORDEN PHOTOGRAPHY

Tight and tidy espresso makers offer a morning sip before leaving the room.

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Housekeeping myths

Dusting an oil painting



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

If you are lucky enough to have an oil painting in your home the question that will come up at some point is, "How do I clean it?" Well, let's discuss this for one minute, as there are two stages to cleaning this type of painting.

The frame

This should always be dusted with a fine soft powder makeup brush as needed.

You want this type of makeup brush as it will not damage the wood frame and will not remove any of the gold that may be on the wood frame.

Dust the frame from the centre (area closest to the painting) outwards. If your frame is particularly

dusty, use a vacuum on low speed to absorb the dust going into the air after the motion of the makeup brush.

Never use the vacuum tool directly on a wood frame as the brush will not be soft enough and may damage the frame or scratch the finish.

The art surface

Don't clean the surface. The rule of thumb that I teach every student in butler school is always the same — don't ever touch the canvas of any art!

This should be the rule of thumb that you always practise at home.

Some books say it is OK to use white sandwich bread or bread dough to "sponge" against the canvas to absorb the dust, without rubbing.

This in my estimation is a huge mistake. Always use the advice of an art expert/curator to advise how best to proceed.

Imagine if you had some oil painting handed down for several generations and you were un-

knowingly to ruin the painting using such a technique and then find out this was a priceless Picasso that had been lost and was now worth nothing because you damaged the surface.



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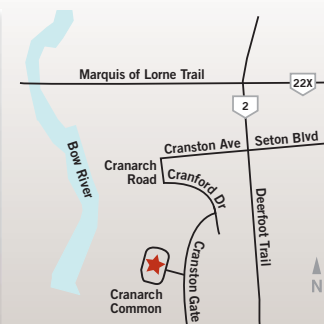
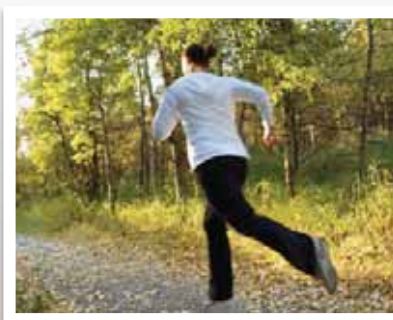
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PUTTING THEIR BEST FOOT FORWARD

LAKEVIEW FLOORS

The floor under your feet may be the easiest thing to forget, but it's the part of your home that you are in contact with most, and it makes a huge difference to your quality of life at home, according to Brad Thompson, co-owner of Lakeview Floors in Calgary.

Established in 2003, Lakeview Floors supplies and installs "every floor covering imaginable," Thompson says.

After a decade of high-quality work and installation, and a laundry list of happy customers, Lakeview Floors has developed a reputation for good work.

"We make sure we source and install the best floors for our customers, but at the end of it all, our most important work is building relationships," Thompson says. "We make an effort to understand what customers want, and ensure we surpass their expectations with care, quality and craftsmanship. Many of our past customers have come back to us because of positive experiences we



CONTRIBUTED

delivered years before, and we really value that."

Lakeview Floors has consistently maintained an A+ rating with the Better Business Bureau since the business started. Lakeview is also listed with Home-

stars, where prospective clients can read testimonials from former clients.

Lakeview also recently joined the Calgary Home Builders' Association.

"This relationship allows us to be more involved with decisions made in

the community, while staying up-to-date with building codes and quality commitments every member is required to follow," Thompson says.

Whether it's a new construction build or a full renovation, commercial or residential, Lakeview Floors has the products and staff to finish every project to customers' satisfaction.

When clients are looking for design advice, Lakeview offers design consultations to take customers through the choices available, and offer suggestions on pairing them with paint colors, cabinetry and other finishings.

Lakeview Floors offers a plethora of options to fit with any design scheme and budget, including porcelain or mosaic tile, hardwood, cork and laminate flooring. It also offers additional services including in-floor heating, subfloor preparation and installation, feather-patching into existing floors, apartment acoustic underlayment installations and more.

For a free estimate, and to learn more about Lakeview's extensive selection and services, visit lakeviewfloors.ca.



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CONTRIBUTED PHOTOS

THE ENERGY OF DOWNTOWN

CARDEL INNER CITY HOMES

Calgary's inner city has style, thanks to Cardel Inner City, a collection of homes that offer residents the opportunity to live comfortably, with locations in Calgary's inner city neighbourhoods that allow easy access to the city's best shops, restaurants and entertainment.

"We purchased inner city home sites and subdivided them so that we can offer affordable homes in very desirable locations for our buyers," says Travis Burnside, the regional sales manager at Cardel Homes.

Cardel recently released its new Solstice home model, which ranges from 2,611 to 2,687 square feet, with three bedrooms and two-and-a-half bathrooms, plus a fully finished basement that includes a rec room, bedroom and bathroom. Prices start at \$769,900.

Two Solstice homes are currently completed and sold, six are under construction and four more are about to break ground. Based in the neighbourhoods of Killarney and Richmond, these homes come in both traditional and more modern styles.

Burnside calls the Solstice home "higher-end modest."

"We want to be able to offer these homes for less than about \$800,000 so that they're achievable for younger couples or more established buyers looking to live in the inner city."

The concept behind Cardel's Inner City home project is to convert large lots that were once home to sprawling 1950s bungalows into smaller, 50 feet by 120 feet lots that provide the perfect footprint for a modern city home.

The Solstice model also includes the luxuries of a large home, including a fully landscaped fenced front and backyard and a double detached garage in the back.

Interiors are planned by Cardel's in-house interior designers from Cardel Designs.

The Solstice model's open floor plans and skylights let in lots of light.

"Our inner city homes offer the energy of downtown and the close proximity to all sorts of amenities, but at the same time our homes provide residents with a sense of space and comfort."

For more, visit cardelhomes.com/calgary/inner-city.

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In communities all across Calgary

NEIGHBOURHOOD WITH PERSONALITY

Bridgeland's location in Calgary is ideal — a small, bustling community on the shoulder of the big city. Just ask buyers of a new condo development going up in the neighbourhood, called Bridgeland Crossings.

Bonnie Bokenfohr and her husband, Kevin, just bought a penthouse suite at the development. Though the interior specs are perfect for them, it was the location that sealed the deal, she says.

"We were looking for a place that was smaller, more central and that would allow us to lead a more active lifestyle," she says. "Everybody loves Bridgeland in Calgary."

The proximity to downtown was key to their decision to buy at Bridgeland Crossings, she says.

"My husband works downtown, so now he can take the C-Train or walk to work."

The active lifestyle Bokenfohr is referring to is visible everywhere in Bridgeland's green spaces and walking paths.



CONTRIBUTED PHOTOS

But nowhere is the active lifestyle that Bridgeland enables more apparent than on St. Patrick's Island.

This small nature reserve in the middle of the Bow River is currently under

restoration, but once it's completed in fall 2014, Bridgeland Crossings residents will have one of Calgary's oldest nature reserves on their doorstep.

Focal points on St. Patrick's Island will

include the old-growth Gallery Forest, the Playmound children's play area, the Picnic Grove and the Lookout.

Bridgeland Crossings residents will also have easy access to downtown. By foot or by bike, they will be able to cross the Bow via the new St. Patrick's Bridge, opening this fall, which touches down on St. Patrick's Island on its way to downtown Calgary.

The Bridgeland LRT station is just across the street from the development, providing a second option for residents to get to the downtown core.

"Bridgeland is an established Calgary neighbourhood with character, but it's also right beside the city centre," says David Magnan, sales director of Bridgeland Crossings. "Our residents are going to love the freedom that offers."

Visit the presentation centre at 824 1st Ave. NE, which is open daily (except Fridays) from noon to 6 p.m. For more information, call 403-269-2805 or visit bridgelandcrossings.com.

TRULY MODERN CALGARY HOMES

The ultimate goal behind a well-planned home is to help residents live their lives optimally. Bridgeland Crossings, a new condo development in Calgary's Bridgeland neighbourhood, is designed to do just that.

"A home should always adapt to the needs of its residents," says David Magnan, sales director of Bridgeland Crossings. "Bridgeland Crossings takes that to the next level."

The development's 151 condos range from one-bedroom to two-bedroom-and-den sizes, and are priced from just \$299,900. Currently, buyers can own with just five per cent down. Interested buyers can contact the sales team for details.

To allow the homes to adapt to the needs of their residents, Apex Cityhomes, the builder, came up with several key technology features.

The kitchen and bedrooms of each unit come with combination electrical outlets that include USB plug-ins. These allow residents to charge their phone or tablet at their bedside, or use their tablet as a recipe book in the kitchen while the blender and mixer are plugged in at the same time.

"The strategic placement of extra USB



CONTRIBUTE

plugs gives residents access to power when and where they need it," Magnan says.

Bridgeland Crossings homes also come with the Nest Learning Thermostat, a smart heating and cooling system.

The system anticipates residents' temperature needs, including functions like leaving the heat down during the day and heating up right before residents come home from work. Residents will even be able to control their thermostat remotely using their phones.

Once residents have these basic conveniences covered, they can focus on comfort and enjoyment, Magnan says. "We want our residents to be able to

actually enjoy being at home."

The roomy, flexible floor plans accommodate a king-size bed and come with details like a full-sized fridge.

The durable laminate flooring comes in a vintage oak finish, and 100 per cent pure new wool carpeting gives the bedrooms a cosy feel.

In the kitchen, a gas range and high-end stainless steel appliances by KitchenAid, Faber and Fisher Paykel ensure cooking is a pleasure.

The sleek addition of under-cabinet task lighting, engineered stone countertops, white tile backsplash and a double under-mounted steel sink make the kitchens as visually appealing as they are practical.

UPCOMING EVENTS

With Bridgeland Crossings' unparalleled accessibility to downtown and many other Calgary hot spots, residents will be poised to enjoy all of Calgary's fun summer events.

Events happening this summer near Bridgeland include:

SHAKESPEARE IN THE PARK

Romeo and Juliet, presented by Theatre Calgary and Mount Royal University. Playing until mid-August at Mount Royal University. Pay what you can.

CALGARY INTERNATIONAL BLUES FESTIVAL

July 29 to Aug. 4, featuring artists who will make your toes tap, including Motown trio Martha Reeves & the Vandellas, and Canadian blues greats Tom Lavin and the legendary Powder Blues.

SUN AND SALSA FESTIVAL

July 21, 11 a.m. to 5 p.m., on Kensington Road between 10th and 13th. Taste free salsa, shop local vendors and catch performances of all stripes. Free.

For more, visit calgaryculture.com.



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THE BRIDGES

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GIVE YOUR HOME A LANDSCAPING LIFT

Updating your yard can be an economical and rewarding part of giving your entire home a lift. The trouble is there are so many new landscaping techniques from which to choose.

One of the best ways to start planning your new design is by observing some of landscaping trends in home and yard improvement. Here is a rundown of some popular landscaping trends.

RETURN TO BOXY BORDERS

Landscaping pros are using traditional plant borders in modern geometric shapes to give the yard visual appeal. As opposed to last year's rounder corners trend, boxy borders made from low-maintenance shrubs are coming back. Stacked containers and walls use straight lines and symmetry that complement the structure of the home.

LOTS OF EYE-POPPING COLOURS

This year, expect to see a growing number

of landscaping projects that are wild with every colour of the rainbow. Blending the exotics with low-key annuals is popular, with a variety of colourful grasses and trees that bring punchy colour to the scene. Even containers get a lift in bright colours like reds, yellows, and metallic shades.

ECO-WALLS AND VERTICAL GARDENING

A popular landscaping trend, especially in small communities, is vertical gardens that become living walls of green plants. These walls can become outdoor privacy areas, or they can be added to existing landscaping as an outdoor sculpture to give a property unique appeal.

SUSTAINABLE LANDSCAPE PLANTS

Instead of choosing the standard landscape plants to adorn properties, a trend in contemporary landscaping is to embrace sustainable lifestyles with a mix of fruit and vegetable plants added. This gives the



CHRIS CLINTON/LIFESIZE/THINKSTOCK

landscape a unique look while helping to provide a source of nutrition for the property owners at the same time.

OUTDOOR ENTERTAINMENT TECHNOLOGY

Thanks to the surge in consumer technology, the trend in landscaping is integrated outdoor entertainment. From built-in surround speakers to sound-activated light-

ing in fountains, the landscaping world is multi-dimensional to the senses.

LIVING MORE FOR THE OUTDOORS

Outdoor furnishings are becoming a bigger part of landscaping design. Outdoor games like lawn bowling, bocce ball, and badminton are coming back, inspiring decadently designed play areas. — *ComFree.com*

WE TURN IDEAS INTO PROFIT

WHO ARE WE?

Red Door Venture Group is a multi-faceted firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan.

Our commitment is to produce turn-key developments for clients from land acquisition to concept and design to sales. We have an easy all-service system available to our clients.

Whether you are a long-term Saskatchewan developer or a new developer interested in Saskatchewan, we are the ones to turn to.

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INVEST IN SASKATCHEWAN WITH THE RED DOOR VENTURE GROUP

The land of the living skies has a bright future ahead, and real estate developers are taking note.

Saskatchewan's economic growth has incredible potential, according to Jaimey Midtdal, spokesperson for the Red Door Venture Group.

The Regina-based real estate marketing company has built its name on the province's solid economic foundations, and sees nothing but blue skies ahead, Midtdal says.

The company pairs with outstanding local developers to deliver high-quality developments across the province.

The vast amount of undeveloped land in Saskatchewan has left the real estate market wide open for new real estate opportunities for developers and for buyers, Midtdal says.

"The boom in immigration and increased job opportunities are making Saskatchewan one of the best places in Canada to buy a home," Midtdal says. "It's growth we're proud to be a part of."

Red Door works with developers from the



MONKEY BUSINESS/THINKSTOCK

land acquisition stage all the way through concept design and sales, producing turn-key developments for clients.

"We have an easy, all-service system available to the developers we partner with, tailoring each interaction to meet their needs," Midtdal says.

For more about Red Door Venture Group, or to schedule a complimentary consultation, visit RedDoorVentureGroup.ca.

GET MOVING WITH AN ACTIVE LIFESTYLE

IN NEW BRIGHTON

When homebuyers in Calgary are looking for a community, active lifestyle is key, says Laura Jobb, marketing co-ordinator for Brookfield Residential.

“When Brookfield designs communities, accessibility to green space and recreational facilities is paramount,” Jobb says. “That’s what New Brighton is all about.”

New Brighton, Brookfield’s master-planned community in Calgary, offers townhomes from the \$280,000s, and homes with double attached garages starting in the \$400,000s.

In New Brighton, residents have the chance to get active, no matter the time of year.

Kristin South and her husband just bought a home in New Brighton after searching for years for an affordable home with a good-sized yard in the south of the city.

“We found what we were looking for with Cedarglen in New Brighton,” she says. “A new home, on a great lot, in an



CONTRIBUTED

amazing community within our budget.”

The couple currently has several pets, including a dog, so for them, New Brighton’s open spaces and parks made it

the perfect neighbourhood, as well as the perfect place to start a family.

The 6,500-square-foot New Brighton Club comes as an added bonus. The pri-

vate recreational facility provides space for community activities, meetings and club events.

Surrounding the club, the children’s water play area, plus basketball, volleyball and tennis courts, provide the perfect venue to get fit, entertain your guests and meet your neighbours. It’s even home to an outdoor ice rink in winter.

Residents will have even more opportunity to expand their active lifestyles in 2014, when the New Brighton Regional Athletic Park will open. The park will include four multi-sport natural turf fields, one baseball diamond, change room/washroom facilities and about 260 parking stalls.

New Brighton is just minutes away from schools, shopping, recreational facilities, and the new Calgary South Health Campus.

“We designed this neighbourhood with the flexibility to appeal to many different types of buyers,” Jobb says. “And the active lifestyle unites them all.”

To find out more about New Brighton and the homes available in this community, visit livenewbrighton.ca.

METRO SPACES

METRO CUSTOM PUBLISHING

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You’ll love what you can build in New Brighton. This vibrant, active community offers value-conscious home designs that will make the whole family feel right at home.



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Wrap it in raspberry: This leather forecast calls for natural, tasty treats

What does a child's snack have in common with a \$300-a-head meal at a three-Michelin-star restaurant? These days, both frequently include an edible leather: a purée of fruit (or, in the case of the restaurant, more often

of a vegetable, such as tomato or onion) spread thin and dehydrated until it becomes stretchy.

Commercial fruit leathers roll out of factories by the yard, and those served at high-priced restaurants are

prepared by expert chefs, so you might think that such a modern creation is beyond the means of the home cook. But it's actually amazingly quick and easy to make an all-natural fruit leather that is a tasty, healthy and portable

snack.

And you can use the same technique to create savoury vegetable leathers that add interesting, modern touches to traditional dishes.

All you need to make your own leather is a blender, an

Ingredients

- 2 cups (300 grams) raspberries
- 1 tablespoon (12 millilitres) cooking oil
- 1/4 cup (45 grams) sugar
- 0.6 grams (3/16 teaspoon) xanthan gum

oven and about 20 minutes of prep time. Edible leathers do need one to three hours to dehydrate — the thicker the layer of purée, the longer it takes to dry — but you can do other things while they sit in the oven. For these recipes, timing is not critical.

Start to finish: 2 hours
Servings: 4

1. Arrange an 11-by-17-inch non-stick silicone mat on a rimmed baking sheet. Heat a food dehydrator to 150 F, or set your oven to its lowest temperature.
2. Combine all ingredients in a blender, then puree until thoroughly blended, at least 30 seconds. Working quickly, pour the purée onto the mat and use an offset spatula or other long, flat utensil to spread it into an even layer 1/16 inch thick. If the purée sits too long in the blender it may set into a custard-like gel; if that happens, blend it again until it becomes fluid enough that you can spread it easily across the mat.

3. Place the baking sheet in the dehydrator or oven, and dry until leathery and tacky to the touch. A drying time of 1-1/2 to 2 hours is typical,

Annabel's essential guide to feeding your baby



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Kris Abel
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Price: \$5.99
Annabel Karmel's cookbook for mothers combines 200 step-by-step recipes with a weekly planner and instructional video guide. Organized by age, there's nutritional purées for babies and soft pastas for toddlers.



but the time required can vary considerably depending on the thickness and wetness of the purée layer, the temperature of the chamber and the humidity of the air. Use the convection setting on your oven if one is available.

4. When the leather is done, peel it gently from the mat, and use scissors to trim it to individual serving sizes; for use as a garnish, cut it into long, thin strips. To store the leather pieces, roll them individually in waxed paper and then in plastic wrap. The leather will keep for a week when packaged this way.

THE ASSOCIATED PRESS

Sweet Raspberry Leather



The finished product is a versatile, tasty treat. AP PHOTO

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Rory McIlroy hits a tee shot during a practice round for the British Open on Wednesday in Gullane, Scotland. STUART FRANKLIN/GETTY IMAGES

Rory McIlroy, on his recent struggles

THE ASSOCIATED PRESS

4 Sports

CFL

Bombers lose
Watson for Week 4

Winnipeg head coach Tim Burke was left scrambling to replace his top receiver Wednesday after Cory Watson was injured at practice.

He was hurt on a hit from safety Dan West.

"We're going to have a personnel meeting right after this. That's why you don't hurt your own teammates on the last play of the (last) practice of the week," Burke said.

"Now you've got to re-work your game plan with no practice."

The Bombers host Toronto Friday.

THE CANADIAN PRESS

CFL

Grey Cup game
filled to the brim

The 2013 Grey Cup is a sellout.

The CFL and organizers made the announcement Wednesday, more than five months before the game is scheduled to be played.

This year's CFL championship game will be played Nov. 24 at Mosaic Stadium in Regina.

THE CANADIAN PRESS

Concussions on rise despite NHL rule change, study finds

Brain injuries. Toronto neurosurgeon says clearer language needed for Rule 48 to stem tide, and toll, of head hits

The NHL's three-year-old rule on illegal hits to the head isn't working and tougher sanctions are needed to reduce concussions, concludes new research led by Toronto's St. Michael's Hospital.

The study, published online Wednesday in the journal PLOS ONE, found that the number of head injuries has actually increased since the rule that made targeting an opponent's blindside illegal came into effect in the 2010-11 season.

"It is very clear that we haven't come very far. The problem is still a huge problem and it hasn't had the effect that people were hoping it would," said lead author and neurosurgeon Dr. Michael Cusimano.

Woes beyond the pros

"There is a spillover effect on hundreds of thousands, if not millions, of kids."

Dr. Michael Cusimano, who says tougher NHL rules will result in stiffer minor hockey sanctions.

During the 2009-10 hockey season — a year before the controversial Rule 48 came into effect — there were 77 concussions, suspected concussions and facial fractures, the study found. But the following season, that number jumped to 120, and the season after, it increased even more — to 126.

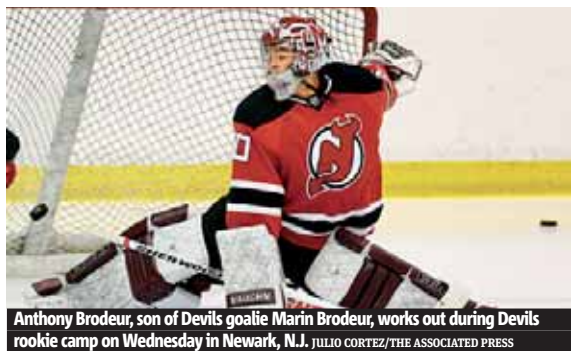
Researchers looked at data from official game records and team injury reports.

They also found that more than 64 per cent of concussions were caused by body-checking, while only 28.4 per cent of events that led to concussions were called "illegal," resulting in the aggressor being given a penalty, fine or suspension.

TORSTAR NEWS SERVICE



Canadiens forward Lars Eller lies on the ice after a check from Senators blue-liner Eric Gryba during Game 1 of their first-round playoff series in Montreal. Gryba was suspended two games for the hit. GRAHAM HUGHES/THE CANADIAN PRESS



Anthony Brodeur, son of Devils goalie Marin Brodeur, works out during Devils rookie camp on Wednesday in Newark, N.J. JULIO CORTEZ/THE ASSOCIATED PRESS

Devils move on without Kovalchuk

A week after the New Jersey Devils lost star forward Ilya Kovalchuk to sudden retirement, general manager Lou Lamoriello is still plotting out the future for a team that advanced to the Stanley Cup final just 13 months ago.

The Devils watched Kovalchuk sign his voluntary retirement papers last

week, which allowed him to break free of the NHL and to sign a new deal in his native Russia. New Jersey also lost forward David Clarkson to free agency, as he signed with the Toronto Maple Leafs earlier this month.

The Devils added some players up front in free agency as well, namely forwards Ryan Clowe, from the

New York Rangers, and Michael Ryder, from the Montreal Canadiens. But still, Lamoriello is in a bind as he looks to move past two players who combined for 93 goals the past two seasons.

"The biggest transition they have to make is certainly not (to) be intimidated," Lamoriello said of his young prospects, who worked at

the team's developmental camp this week. "There are people that have had success in the league, people that they have watched play. This gives them an opportunity to feel good about themselves and make it easier as opposed to past years when they had to come in at training camp."

THE ASSOCIATED PRESS

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Adrian Beltré is congratulated by Rangers teammates after hitting a home run against the Athletics earlier this season in Oakland. THE ASSOCIATED PRESS FILE

They're knockin' on his noggin for a job well done

MLB. Beltré getting used to congratulatory taps as a key member of the Rangers

Adrian Beltré certainly has his quirks.

Beltré appeals his own checked swings. He has a strange dance of short shuffle steps in the batter's box when a pitch is inside or at his feet. And the Gold Glove third baseman really hates being touched on the head — a fact that gets mercilessly exploited by his Texas Rangers teammates.

"It's just part of who I am," Beltré said. "The thing is, they do it when I do something good.... That moment, I'm ex-

pecting that. I'm kind of happy because I've done something good for the team. But I still don't like it."

Though Beltré was left off the American League all-star team for the first time in four seasons, he is hitting .316 with 21 home runs and 55 RBIs. He has seven homers in 13 games this month, each time scrunching his shoulders going into the dugout ready for the playful taps coming his way.

"We're a fun-loving team, and that's just one of those enjoyable moments that we have every single time that he hits a home run," David Murphy said. "As much as he hates it, he seems to enjoy it at the same time."

Beltré, 34, is already in his 16th major league season — he

was only 15 in the Dominican Republic when signed by the Dodgers in 1994, four years before his debut for Los Angeles.

"He's still the same kind of kid, plays the same way," said Chicago White Sox manager Robin Ventura, Beltré's teammate with the Dodgers in 2003-04. "He was mature even as a kid. He was a great teammate. He had the respect of the clubhouse, that's for sure."

The Rangers were coming off their first World Series when Beltré signed in 2011, and he got to his first that season when they won another AL pennant. He was third in the AL MVP voting last season, and the Rangers begin the post-all-star break Friday against Baltimore in playoff contention again. **THE ASSOCIATED PRESS**

Coming to America

Pitcher defects from Cuba for a shot in big leagues

Cuban pitcher Misael Siverio told a Spanish-language newspaper he has defected to the United States and is going to try to make it to the major leagues.

Siverio was part of the Cuban national team that

travelled to Iowa for an exhibition game against a collegiate all-star team from the U.S. But he apparently left the delegation at some point after it arrived in Des Moines on Tuesday afternoon.

"Leaving behind your country is not easy, but this was a decision that I gave a lot of thought," Siverio told El Nuevo Herald in Miami. "Of course, my dream is to play in the majors, and from now on I will start taking

the first steps to make it happen."

Siverio is the latest in a long line of Cuban players who defected to the U.S. Now he hopes to follow in the footsteps of a group of major leaguers — including Oakland's Yoenis Cespedes, Cincinnati's Aroldis Chapman and Yasiel Puig of the Los Angeles Dodgers — who are playing prominent roles for contending teams.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	58	39	.598	—
Tampa Bay	55	41	.573	2½
Baltimore	53	43	.552	4½
New York	51	44	.537	6
Toronto	45	49	.479	11½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	52	42	.553	—
Cleveland	51	44	.537	1½
Kansas City	43	49	.467	8
Minnesota	39	53	.424	12
Chicago	37	55	.402	14

WEST DIVISION

	W	L	Pct	GB
Oakland	56	39	.589	—
Texas	54	41	.568	2
Los Angeles	44	49	.473	11
Seattle	43	52	.453	13
Houston	33	61	.351	22½

Tuesday's result

American League 3 National League 0

Friday's games

All times Eastern

Tampa Bay at Toronto, 7:07 p.m.
N.Y. Yankees at Boston, 7:10 p.m.
Baltimore at Texas, 8:05 p.m.
Atlanta at Chicago White Sox, 8:10 p.m.
Cleveland at Minnesota, 8:10 p.m.
Detroit at Kansas City, 8:10 p.m.
Seattle at Houston, 8:10 p.m.
Oakland at L.A. Angels, 10:05 p.m.

Saturday's games

Tampa Bay at Toronto, 1:07 p.m.
Atlanta at Chi. White Sox, 4:05 p.m.
N.Y. Yankees at Boston, 4:05 p.m.
Cleveland at Minnesota, 7:10 p.m.
Detroit at Kansas City, 7:10 p.m.
Seattle at Houston, 7:10 p.m.
Baltimore at Texas, 8:05 p.m.
Oakland at L.A. Angels, 9:05 p.m.

Sunday's games

Tampa Bay at Toronto, 1:07 p.m.
Atlanta at Chi. White Sox, 2:10 p.m.
Cleveland at Minnesota, 2:10 p.m.
Detroit at Kansas City, 2:10 p.m.
Seattle at Houston, 2:10 p.m.
Oakland at L.A. Angels, 3:35 p.m.
Baltimore at Texas, 7:05 p.m.
N.Y. Yankees at Boston, 8:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	54	41	.568	—
Washington	48	47	.505	6
Philadelphia	48	48	.500	6½
New York	41	50	.451	11
Miami	35	58	.376	18

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	57	36	.613	—
Pittsburgh	56	37	.602	1
Cincinnati	53	42	.558	5
Chicago	42	51	.452	15
Milwaukee	38	56	.404	19½

WEST DIVISION

	W	L	Pct	GB
Arizona	50	45	.526	—
Los Angeles	47	47	.500	2½
Colorado	46	50	.479	4½
San Francisco	43	51	.457	6½
San Diego	42	54	.438	8½

Friday's games

All times Eastern

L.A. Dodgers at Washington, 7:05 p.m.
Pittsburgh at Cincinnati, 7:10 p.m.
Philadelphia at N.Y. Mets, 7:10 p.m.
Miami at Milwaukee, 8:10 p.m.
San Diego at St. Louis, 8:15 p.m.
Chicago Cubs at Colorado, 8:40 p.m.
Arizona at San Francisco, 10:15 p.m.

Saturday's games

Philadelphia at N.Y. Mets, 1:10 p.m.
Pittsburgh at Cincinnati, 4:05 p.m.
L.A. Dodgers at Washington, 7:05 p.m.
Miami at Milwaukee, 7:10 p.m.
San Diego at St. Louis, 7:15 p.m.
Chicago Cubs at Colorado, 8:10 p.m.
Arizona at San Francisco, 9:05 p.m.

Sunday's games

Pittsburgh at Cincinnati, 1:10 p.m.
Philadelphia at N.Y. Mets, 1:10 p.m.
L.A. Dodgers at Washington, 1:35 p.m.
Miami at Milwaukee, 2:10 p.m.
San Diego at St. Louis, 2:15 p.m.
Arizona at San Francisco, 4:05 p.m.
Chicago Cubs at Colorado, 4:10 p.m.

CFL

WEEK 4

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	3	1	2	0	83	97	2
Montreal	3	1	2	0	63	74	2
Winnipeg	3	1	2	0	72	74	2
Hamilton	3	1	2	0	79	89	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	3	3	0	0	114	67	6
Calgary	3	2	1	0	87	82	4
B.C.	3	2	1	0	73	63	4
Edmonton	3	1	2	0	51	76	2

Friday's game — All Times Eastern

Toronto at Winnipeg, 8 p.m.

Saturday's games

Montreal at Calgary, 7 p.m.

Edmonton at B.C., 10 p.m.

Sunday's game

Hamilton at Saskatchewan, 7 p.m.

SOCCER

MLS

Wednesday's results

Colorado 2 New England 1
Toronto FC at Chivas USA
Saturday's games — All Times Eastern
New York at Toronto FC, 4 p.m.
Colorado at Seattle, 4 p.m.
FC Dallas at Montreal, 7 p.m.
Portland at Philadelphia, 7:30 p.m.
New England at Columbus, 7:30 p.m.
D.C. at Chicago, 8:30 p.m.
Kansas City at Real Salt Lake, 10 p.m.
Vancouver at Los Angeles, 10:30 p.m.

UEFA

CHAMPIONS LEAGUE

Second Qualifying Round

First Leg

Cliftonville FC (Northern Ireland) 0, Celtic (Scotland) 3
Gyor (Hungary) 0, Maccabi Tel-Aviv (Israel) 2
HJK Helsinki (Finland) 0, Nomme Kalju (Estonia) 0
IF Elfsborg (Sweden) 7, FK Daugava Daugavpils (Latvia) 1
Neftchi Baku (Azerbaijan) 0, Skenderbeu Korca (Albania) 0
SK Slovan Bratislava (Slovakia) 2, Ludogorets (Bulgaria) 1
Shirak FC (Armenia) 1, Partizan (Serbia) 1
Sligo Rovers (Ireland) 0, Molde FK (Norway) 1
The New Saints (England) 1, Legia Warsaw (Poland) 3

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Horoscopes

Aries

March 21 - April 20

There are so many positive influences in your favor at the moment that you really don't have to try too hard. Today's Jupiter-Neptune influence will make you feel more laid-back

Taurus

April 21 - May 21

It appears that you are keeping something from those you live and work with. No doubt you have a good reason for doing so but don't forget it is natural they should be suspicious.

Gemini

May 22 - June 21

When communicating with other people make sure it's not just one-way traffic. In other words, listen as well as talk. What you learn today should be both enlightening and amusing.

Cancer

June 22 - July 23

Take care of details today or risk having to waste time putting them right later on. But don't get so involved in minutiae that you lose sight of what it is you are trying to do.

Leo

July 24 - Aug. 23

If you expect the best today it will most likely happen. How could it not when so many people are desperate to see you succeed?

Virgo

Aug. 24 - Sept. 23

Some of the things that were important to you yesterday won't seem so important to you today and come tomorrow you probably won't care about them in the slightest.

Libra

Sept. 24 - Oct. 23

You will be asked to take on extra responsibilities today and although you are under no obligation to say "yes" you will earn yourself a great deal of credit if you do.

Scorpio

Oct. 24 - Nov. 22

You need to exercise self-discipline when dealing with financial matters.

Sagittarius

Nov. 23 - Dec. 21

If you have been planning a clean out of things that no longer serve a useful purpose then today is a good day to start. It won't be as disruptive as you fear

Capricorn

Dec. 22 - Jan. 20

Don't push yourself too hard, even if you are behind in your schedule. Timetables can be useful but they can also hinder your efforts and stifle creativity if they are too restrictive. The clock is your guide not your master.

Aquarius

Jan. 21 - Feb. 19

Try not to take it as a personal insult if someone refuses to see things your way. It could be you who has got it wrong. Okay, maybe that's going too far but it's certainly true that different people see things in different ways.

Pisces

Feb. 20 - March 20

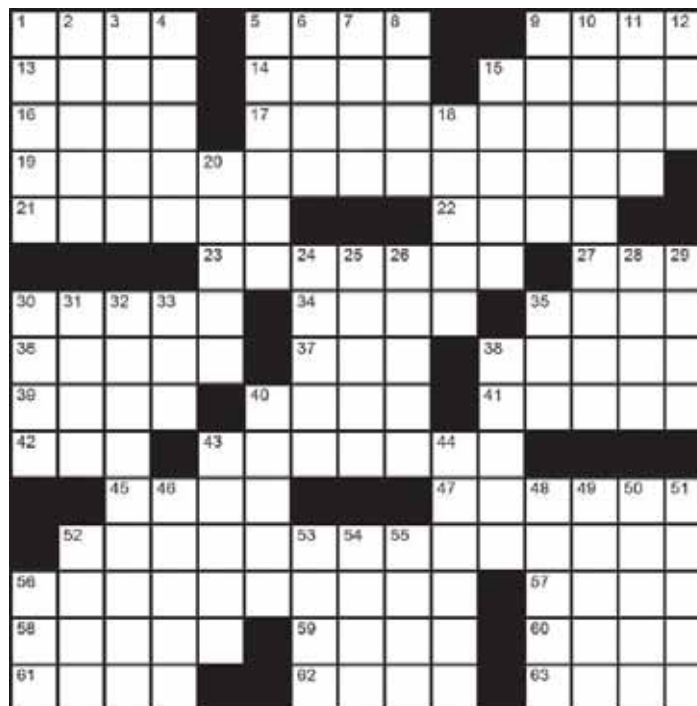
Don't sell yourself short. Claim the credit you deserve. Shout about your achievements. You are a very special person and you are doing some very special things.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. ___ of relief
5. Actress Ms. Dawber's
9. "Pardon me?"
13. Epithet for Athena
14. De-wrinkle shirts
15. Poultry places
16. Ville: English
17. Joni Mitchell song that starts "Sitting in a park in Paris, France..."
19. Alanis Morissette tune: 4 wds.
21. Title of reverence for God in Hebrew
22. Hopeful
23. London, ON born actress Rachel
27. Mil. rank
30. Vaulted church areas
34. Sits under the rays
35. Prefix to 'gram' (Hospital image)
36. Particular planet
37. Mr. Danson
38. Unrest unravelings
39. British bars
40. Up-in-the-sky toy
41. Sea eagles, variantly
42. Sugar amt.
43. Spray sort
45. "___ -Di..." (Beatles song title bit)
47. "Birthplace of New Scotland" in Nova



Scotia

52. McCain cake, ___
56. "The ___ Candidate" (1962) starring Frank Sinatra
57. Wind direction device
58. "I'm Every Woman" singer Ms. Khan

Advocate

60. Empire of Peru
61. Rhyme Time: Hissy, Missy, ___
62. Clutter
63. Caustics

Down

1. Mr. Baron Cohen
2. Trojan War epic
3. "I Can't ___"

- Satisfaction" by The Rolling Stones
4. Austrian composer Joseph (b.1732 - d.1809)
5. Food-in-a-basket fun
6. Ancient Syria's biblical name
7. "Holy ___!"
8. Crop

9. Does labour
10. Niagara Falls, The ___ Capital of the World
11. Make ___ stop (Be driving, do this)
12. US airport screening org.
15. Ms. Chanel's
18. Documents for filling out

20. Retort to "You are not!!": 3 wds.
24. Busting
25. Because of: 2 wds.
26. Mountains in South America
28. Gambler's input
29. Brit singer Ms. Stone
30. Scheduled time, as with a Dr.
31. Positive
32. Documents from process servers
33. Cannes conjunctions
35. Lady's man
38. "The Beachcombers" character
40. Sandra's "Speed" (1994) co-star
43. 1st Greek letter
44. Supposes
46. One of Roseanne's TV daughters
48. Politely mannered
49. Go ___ length (Do whatever it takes): 2 wds.
50. Small quantity
51. ___ directed (Prescription warning): 2 wds.
52. Morse Code bits
53. Be a rock band musician
54. U2's land
55. Falls behind
56. 1101 in ancient Rome

Wednesday's Crossword

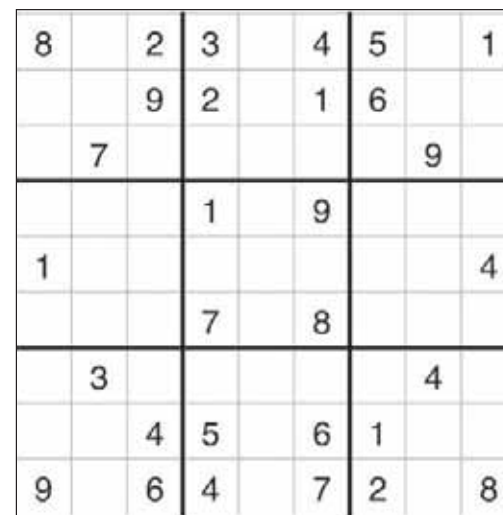


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Wednesday's Sudoku



Weather

TODAY



MAX: 23°
MIN: 14°

FRIDAY



MAX: 24°
MIN: 15°

SATURDAY



MAX: 26°
MIN: 18°



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